Environmental Tobacco Smoke

Health Promotion Program

Definitions

- **ETS (Environmental Tobacco Smoke)**

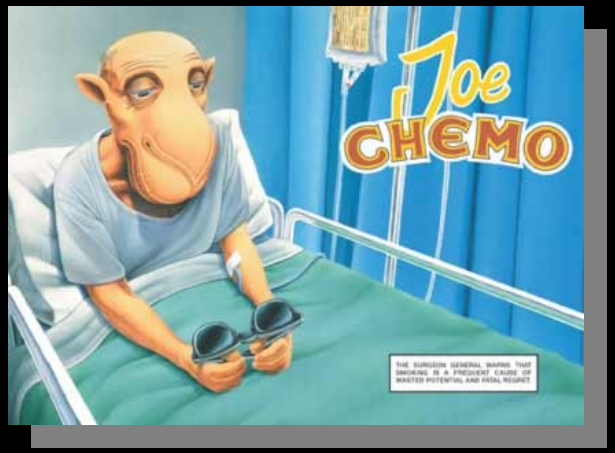
  Mixture of side-stream smoke and exhaled mainstream smoke that pollutes air in locations where tobacco smoking is occurring.

- **Major source of ETS is side-stream smoke- Smoke from burning cigarettes!**

Environmental Tobacco Smoke….is a

“Known Human Carcinogen”

Exposure to ETS is Harmful!

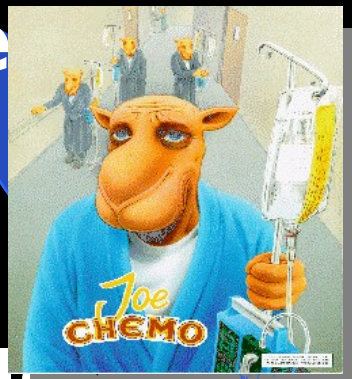


Negative Effects of ETS

- Is **Toxic!**
- Reduces indoor air quality!
- Contains **poisonous** compounds!
- Causes **acute & chronic diseases** in healthy non-tobacco users!

ETS Health Effects

- **Involuntary smoking is cause of Lung Cancer & Heart Disease**
- **Increases risk for Asthma & Respiratory Problems**
- **Reduced Lung Function Levels**
- **Increased risk for Non-Respiratory cancers**



Burning cigarettes puts poisons in the air…..

Do you want to breathe them in?

Effects on Kids

- **Development & exacerbation of asthma in children!**
- **Increased Respiratory Tract Infections!**
- **Smoking during pregnancy leads to lower & reduced birth weight!**

More Doctor's visits & sickness

Health Hazard

- **Experience discomfort & annoyance from exposure to cigarette smoke**

What to Do?

- **Enforce Navy & DoD Policy of No Tobacco use in Federal & Military buildings!**

What to Do?

- **Protect the health of your shipmates, family and friends!**

Avoid exposure to Tobacco Smoke!

What to Do?

- Encourage others to quit smoking!
- Promote a climate supportive of non-tobacco use!